

# ‘Coaching in and with Nature’ newsletter

## You got to move it, move it!

With Spring or Autumn underway there’s lots of movement, cycles, changing forms, budding or shedding, both overground and underground. Nature moves when it is preparing, growing and composting, however it does so in accordance with natural rhythms and available energy and care of the whole ecosystem. Perhaps when we move, shift and change we can do so with care and reverence for all that might be affected and with a sense of harmony and interconnectedness.



Some ways we can also move in nature:

- **Mindfully** - noticing the movement of your body, and the interaction with the ground in every step
- **Slowly** - taking in all the surrounding fascinations and sensory input
- **Lightly** - being careful of what you tread on or disturb and the impact you have
- **Joyfully** - noticing beauty, and the joy that nature shares with our senses

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*“Sitting is the new smoking. Movement is medicine.” [anon]*

## 🦋 Results from our survey!

Those who responded shared that they would like to know more about using nature analogies and metaphors, collaborating on projects and attending in-person events. We also learnt that members appreciate the diversity of voices, expertise and perspectives in the Pod.

[This short survey is still open and we would love to hear from you.](#)

## 🌀 Feedback on previous events and projects

### 1. **Impact Garden** with Denise and Laila on 27 February

- *“Thank you VERY much for a very inspiring session! The connection with nature is very powerful because everyone could relate to it. I enjoyed both listening to you and creating myself and co-creating in groups.”*
- *“Two versions of the Impact Garden: one for people who are starting and a second one for more advanced people. In this second one we could talk about honoring / harvesting the fruits / resting - respecting nature’s rhythm. Thank you again for this great sharing! I have loved to connect with professionals sharing the same engagement with nature and from all around the world.”*

*A few people mentioned wanting to go deeper with the Impact Garden through an advanced session – would anyone else like to join this?*

### 2. **Earth Listening Circle** with Muriel on 25 March

In keeping with our theme on moving with nature, this Earth Listening Circle involved dance, ceremony and conscious flow whilst tuning into the four elements of nature. Sometimes it is so beautiful to move with each other in silent community whilst expressing and appreciating what nature gifts and fills us with. Comments afterwards shared how peaceful, joyous and hopeful people felt when connecting with nature in this way.

**Look out for more Earth Listening Circles in the coming seasons.**

## 🌀 Perspectives and Gatherings

You may have noticed in earlier newsletters that events change and move about so keep your eye on the CCA website for other nature related events [Coming Events – Climate Coaching Alliance](#)

Here’s our exciting list of events planned so far:

- 22 April (Earth Day) – Our Pod is organising a few global CCA Deep Time Walks and nature walks around this time
- 30 April (18.00 BST) - Lizzi Larbalestier - *‘Blue Health Coaching - working with the wisdom of water’*
- 7 May (16:00 BST) – Julia Tew – *‘Nature’s role in the Thinking dimension of the IDGs’*
- 26 June – Coaching on foot - approaches to walking coaching – panel discussion from our community
- 10 July – Joy Khoo – *‘In conversation, nature’s guide for leaders’*
- Sept – developing our spiritual connection with nature
- Oct – Anna Brown – supervision in nature



## 🦋 Our April Walks in Detail

### Celebrating Earth Day

For Earth Day on 22 April, we are collaborating with organisations and locations globally to hold walks with members from the CCA Nature Pod community.



Some of the walks include

- 21 April - Deep Time Walk, Botanical Gardens, Edinburgh Scotland (led by Hazel Farrer)
- 22 April - Walk and Talk, Knepp Estate, West Sussex, UK (led by Anna Brown and Lydia Stevens)
- 26 April - Mindfulness Walk, Botanical gardens, Singapore (led by Denise Pang)

We would also love to hear from other facilitators within the CCA who are leading walks for Earth Day so that we can collaborate and celebrate Earth day. Please take some pictures and share!

## 🦋 Our April Event: 'Blue Health Coaching - working with the power of water' with Lizzi Larbalestier

30th April, 6pm-7.30pm (BST)



*Water IS medicine  
and the scientific  
evidence that our  
emotional connection  
with water really  
does impact  
measurably upon our  
wellbeing is  
becoming accepted  
by the mainstream*

During this interactive session we will explore some of the subtleties of coaching with water and what blue health coaching is. We will look at the different forms of water, dive into the nuances of green and blue space and will discuss our own connections with water and its impact upon us psychologically, socially, physically and spiritually.

Lizzi is an ocean advocate and activist and has been coaching at the coast in Cornwall since 2009. There will therefore be an opportunity for discussion and practical exercises to consider how you can bring more water to your coaching practice to truly partner with blue space.

To register for this event, go to the CCA Coming Events page.

## 🦋 Walking in nature



### Resilience in Nature Walk, Inner Green Deal (by Grattan Donnelly)

We're still feeling deeply inspired by the collective energy we witnessed on the **International Day of Forests On March 21st**. Together, people from **52 countries and 172 cities** registered to walk in nature—what a beautiful and powerful step toward reconnection with the Earth, and building resilience with others, and with ourselves.

*A post walk questionnaire showed that*

- 94% felt more connected to nature
- Most commonly felt emotions were: calm, connected, grateful
- What quality from nature would you like to develop to support your own resilience? Patience, adaptability, connection
- 95% believe that feeling connected to nature makes you more likely to act for the environment
- 98% would recommend the walk.

Comment from a CCA participant

*"It was a wonderful global-local experience with participants from 168 cities registered. Kudos to the Inner Green Deal team - extensive marketing, well organized, free resources for facilitators and whatsapp chatgroup."*

**Sharing a photo from a  
resilience walk in  
Nesodden, Norway**



### **What's Next? Let's Keep the Momentum Alive**

We're happy to announce the upcoming Nature Walks:

- 5 June – *World Environment Day*
- 26 September – *World Environmental Health Day (with a special focus on mental health and nature)*

## 🦋 Some books on the topic of walking:

- *"In Praise of Walking: The New Science of How We Walk and Why It's Good for Us"* by Shane O'Mara
- *"The Long Road Turns to Joy: A Guide to Walking Meditation"* by Thich Nhat Hanh

**Here in the CCA Nature Pod community, despite the challenges faced by nature and the planet, we must keep moving forward and be open to what moves us emotionally.**

*Warm wishes*

The Nature Pod Coordinating Team, (Denise, Grattan, Hazel and Anna)

**PS. We always welcome volunteers. Please get in touch!**